



ADVOCARE
We Build Champions

January 19, 2004

Office of Nutritional Products
Labeling and Dietary Supplements (HFS-810)
Center for Food Safety and Applied Nutrition
U.S. Food and Drug Administration
5100 Paint Branch Parkway
College Park, MD 20740

Pursuant to the requirements of Section 6 of the Dietary Supplement Health and Education Act of 1994, 21 U.S.C. 343 r (6) and in accordance with the authorized provisions of 21CFR 101.93, AdvoCare provides notification for statements on dietary supplement labels as follows:

The name and address of the manufacturer, packer or distributor of the dietary supplement that bears the statements:

AdvoCare International, L.P.
2727 Realty Road, Suite 134
Carrollton, TX 75006

Product Name: Catalyst

Statement(s)

Basis for Statement

Helps support post exercise recovery

L-Leucine
L-Isoleucine
L-Valine
L-Glutamine

Aids in preserving muscle and energy levels
during times of caloric restriction

L-Leucine
L-Isoleucine
L-Valine
L-Glutamine

Supports mental energy and focus

L-Glutamine

Certification

The undersigned certifies that the information contained in this notice is complete and accurate and that AdvoCare International, L.P. has substantiation that the statements are truthful and not misleading.

Respectfully yours,

Sidney Stohs, Ph.D.
Senior Vice President, Research and Development
AdvoCare International, L.P.

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